



A BRIEF CONCEPT OF MANDAGNI AND HYPOTHYROIDISM

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ABSTRACT

Diseases of thyroid gland especially hypothyroidism is one of the commonest endocrinal disorder. It occurs due to decreased secretion of thyroid gland and hampers the metabolism. According to Ayurveda, agni (digestive fire) controls the metabolism. Hypofunctioning of agni causes symptoms of hypothyroidism. So it can be correlate with hypothyroidism.

KEYWORDS : agni, mandagni, hypothyroidism

AIM AND OBJECTIVES:

1. To study the symptoms of *mandagni* and hypothyroidism.
2. Find the correlation between *mandagni* and hypothyroidism.

METHODOLOGY: Literary study was done in *mandagni* and hypothyroidism.

INTRODUCTION: Entire *Ayurveda* is based on *dosa, dhatu, agni* etc. it is the force of intelligence within each cell, tissue, system. Like this hormone from thyroid gland also regularize the basal metabolic rate and proper development. So the action of thyroid gland can be compare with action of *agni* and also the *mandagni* can be correlate with hypothyroidism.

DISCUSSION: The importance of *agni* has been emphasized a lot in *Ayurveda*^[1]. *Agni* is represented by the digestion and metabolism in living body^[2]. It is the supreme agent in the process of *aharapak* (metabolic transformation). For maintainence of life the ingested food is to be digested, absorbed and assimilated and this is performed by *agni*. *Agni* transformed the *aahara* from *vijatiya* to *swajatiya* nature. It is responsible for all the vital function of our body. Therefore *Ayurveda* considers *agni* as the cause of life, complexion, strength, health, nourishment and energy^[3]. According to *charak* when *agni* is in normal condition then the person would be absolutely healthy. But if *agni* is vitiated it results the disease state of that person. *Agni* within the body represented by *pitta*, which is responsible for generation of heat in body, burning of food, lusture etc. According to functional status *agni* is of 4 types -1. *Vishmagni*, 2. *Tikshnagni*, 3. *Mandagni* and 4. *Samagni*^[4].

Vishmagni: this type of *agni* changes between digesting food quickly and slowly. When *agni* is affected by *vata dosa* can it is called as *vishmagni*^[5].

Tikshnagni: it is a state of *agni* where digestion is very fast or quick. In this condition person's having more hunger and there is dry lips, throat and mouth cavity with burning sensation. It is occur due to *pitta dosa*^[6].

Mandagni: when the digestion power is very slow or weak it is called *mandagni*. those who are having *mandagni* eat very little and are unable to digest the smallest amount of food. It is due to *kapha dosa*^[7].

Samagni: the *samagni* digests and assimilates food properly at the proper time. Persons having *samagni* are almost always healthy^[8].

Out of all *mandagni* is the root cause for all diseases. Due to *mandagni* metabolism does not occur properly. Improper metabolism leads to improper nutrition to the tissue. Again there may be accumulation of partly metabolized substances (*ama*). Some of the clinical features of *mandagni* are:^[9]

1. Indigestion
2. Acidic eructation
3. Flatulence
4. General weakness
5. Lathargy & fatigue
6. Muscle cramps
7. Headache
8. Modest weight gain etc.

This can be correlate with hypothyroidism. The human is composed of protin, lipid and carbohydrates. These biochemical obtained from food by the process of metabolism. Metabolism divided into 2 catagories: 1. catabolism- that breaks down the organic matter and supply energy and 2. anabolism: that uses the energy to construct component of cell. For proper functioning, growth and development of the body and health, it is necessary to have proper metabolism. The most important gland for metabolic reaction is thyroid gland. The primary function of this gland is production of the hormones T_3 , T_4 and calcitonin. The gland secrets about 80-90% T_4 and about 10-20% T_3 . Upto 80% of the T_4 is converted to T_3 by deiodinase enzymes in the liver, kidney, spleen and target tissues. Hypothyroidism is one of the most common disorder encountered in on endocrine practice. Hypothyroidism results from reduced thyroid hormone action at the peripheral tissue.

The clinical manifestation of hypothyroidism can be very subtle and notorious for their nonspecific nature and for the way in which they mimic the symptoms of other diseases. Common signs are

1. General weakness
2. Indigestion
3. Muscle cramp
4. Lethargy & fatigue
5. Headache
6. Modest weight gain
7. Constipation
8. Dyspnea
9. Pallor
10. Puffiness of skin

Considering the symptoms, hypothyroidism can be correlate with *mandagni* in *Ayurveda* as *mandagni* shows most of the symptoms of hypothyroidism.

CONCLUSION: Hypometabolism which is the main pathophysiology in hypothyroidism corresponds to the concept of *mandagni*. Though there is no direct description of disease in *Ayurveda*, the varied features of hypothyroidism can be equated to the many features of *mandagni* and its related symptoms.

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